

Model Cities
Senior Wellness Center



Model Cities Senior Wellness Center

1901 Evarts Street, N.E.
Washington, D.C. 20018
(202) 635-1900 Phone (202) 635-1477 Fax
Hours of Operation M-F 8:00 a.m.-5:00 p.m. Sat 10am-2pm



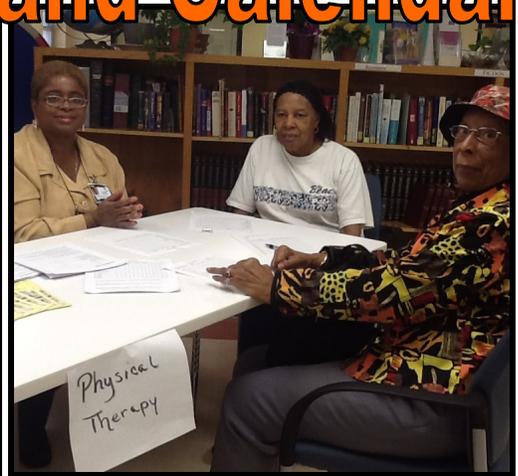
Volume 8, Issue 10

CITIES TALK



October 2014

Newsletter and Calendar



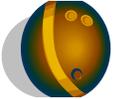
Calendar	2-4
October Observances	4
Recipe to try	5
Ask the Director	6
Wellness News Breast Cancer	7
Trip Policy & Highlights	8

CENTER STAFF

Stacie Thweatt, Project Director x 22
Vernetta Broady, Nutrition Site Manager x 25
Monica Carroll, Community Health Specialist x 24
Eleese Onami, Nutritionist x 23
Linda Smith, Front Desk Registration x 21
Robbie Williams, Driver



Healthcare that Works • Healthcare that is Safe • Healthcare that Leaves No One Behind

		Wed. Oct. 1	Thurs. Oct. 2	Fri. Oct. 3	Sat. Oct 4
		8:00 Open Gym 9:00 Flu Shot 9:30 Walking 10:15 No Circuit Training 10:15 Chair Exercise 11:00 Town Hall Meeting	8:00 Open Gym 9:30 Inspirational Hour Elder Odessa Harris 9:30 Yoga 10:00 Golf 10:20 Chair Exercise 10:45 Nutrition Class Broccoli 12:00 Kojak Low Impact Aerobic 1:00 Computer Class Beginners and Advance 1:00 Beginners Ballet and Dance Company Class 1:30 Introduction Bridge 2:00 Board Games 3:30 Weight Training 6:30 Common Good City Farm	8:00 Open Gym 9:30 Walking 10:00 Piano Class 10:30 Zumba Gold 11:15 Chair Exercise 12:45 In house Movie "Zoo Keeper" 1:00 Nutrition Bingo	10:00am - 2:00pm Model Cities Open House
		 1:00 Kojak Low Impact Aerobics 1:00 Pinochle 1:00 Nutrition Bingo 1:00 Knitting, Crocheting 2:00 Board Games 3:30 Weight Training 5:30 Cardio-Interval Exercise Class			
					
Mon. Oct. 6	Tues. Oct. 7	Wed. Oct. 8	Thurs. Oct. 9	Fri. Oct. 10	Sat. Oct 11
8:00 Open Gym 9:15 Pilates 9:30 Walking 10:00 Kojak Low Impact Aerobics 10:45 Spanish 11:00 Chair Exercise 1:00 Nutrition Bingo 1:00 Quilting 1:00 Pinochle 1:30 Hula Dance 2:00 Board Games 5:30 Cardio-Interval Exercise Class	8:00 Open Gym 9:30 Sign Language 9:30 Yoga 10:20 Chair Exercise 10:30 Computer Class Beginners and Advance 10:45 Nutrition Class Food Labels Aren't Easy To Read 12:00 Bowling  12:30 Line Dance (Beginners) 1:00 No Beginners Ballet And Dance Co Class 1:00 Line Dance (Advance) 2:00 Board Games 3:30 Weight Training	8:00 Open Gym 9:30 Walking 10:15 Circuit Training 10:30 Wal-Mart  11:00 Chair Exercise 1:00 Kojak Low Impact Aerobics 1:00 Pinochle 1:00 Nutrition Bingo 1:00 Knitting, Crocheting 2:00 Board Games 2:00 Afro Jazz 3:30 Weight Training 5:30 Cardio-Interval Exercise Class	8:00 Open Gym 9:30 Inspirational Hour Elder Odessa Harris 9:30 Yoga 10:00 Golf 10:20 Chair Exercise 10:45 Nutrition Class Cauliflower 12:00 Kojak Low Impact Aerobic 1:00 Computer Class Beginners and Advance 1:00 Beginners Ballet and Dance Co Class 1:30 Introduction Bridge 2:00 Board Games 3:30 Weight Training	8:00 Open Gym 9:30 Walking 10:00 Piano Class 10:30 Zumba Gold 11:15 Chair Exercise 11:30 Crab Feast at Model Cities Donation \$40.00 12:45 In house Movie "Think like a Man 2" 1:00 Nutrition Bingo 1:30 Book Club	10:15 Low Impact Aerobics 11:15 Chair Exercise 1:00 Total Body Exercise

Mon. Oct. 13	Tues. Oct. 14	Wed. Oct. 15	Thurs. Oct. 16	Fri. Oct. 17	Sat. Oct. 18
<p>Columbus Day</p> <p>Center Closed In Observance Of the Holiday</p> 	<p>8:00 Open Gym 9:30 Sign Language 9:30 Yoga 10:20 Chair Exercise 10:30 Computer Class Beginners and Advance</p> <p>10:45 Nutrition Class Food Labels Aren't Easy To Read</p> <p>12:00 Bowling</p>  <p>2:30 Line Dance (Beginners) 1:00 Beginners Ballet and Dance Company Class 1:00 Line Dance (Advance) 2:00 Board Games 3:30 Weight Training</p>	<p>8:00 Open Gym 9:30 Walking 10:15 Circuit Training 11:00 Chair Exercise</p> <p>1:00 Fire Department Fire Safety, Terrie Matthew</p> <p>1:00 Kojak Low Impact Aerobics 1:00 Pinochle 1:00 Nutrition Bingo 1:00 Knitting, Crocheting 2:00 Board Games 2:00 Afro Jazz 3:30 Weight Training</p> <p>5:30 Cardio-Interval Exercise Class</p>	<p>8:00 Open Gym 9:30 Inspirational Hour Elder Odessa Harris 9:30 Yoga 10:00 Golf 10:20 Chair Exercise</p> <p>10:45 Nutrition Class Peppers</p> <p>12:00 Kojak Low Impact Aerobic</p> <p>1:00 Computer Class Beginners and Advance</p> <p>1:00 Beginners Ballet and Dance Company Class</p> <p>1:30 Introduction Bridge</p> <p>2:00 Board Games 3:30 Weight Training</p>	<p>8:00 Open Gym 9:30 Walking</p> <p>10:00 Gallery Place Movie Theatre "The Good Life" Donation \$8.00</p>  <p>10:00 Piano Class 10:30 Zumba Gold 11:15 Chair Exercise</p> <p>12:45 In house Movie "Good People"</p> <p>1:00 Nutrition Bingo</p>	<p>10:15 Low Impact Aerobics 12:30 Yoga 1:00 Total Body Wellness</p>
Mon. Oct. 20	Tues. Oct. 21	Wed. Oct. 22	Thurs. Oct. 23	Fri. Oct. 24	Sat. Oct. 25
<p>8:00 Open Gym 9:15 Pilates 9:30 Walking 10:00 Kojak Low Impact Aerobics 10:45 Spanish 11:00 Chair Exercise 1:00 Nutrition Bingo 1:00 Quilting 1:00 Pinochle 1:30 Hula Dance 2:00 Board Games 5:30 Cardio-Interval Exercise Class</p>	<p>8:00 Open Gym 9:30 Sign Language 9:30 Yoga 10:20 Chair Exercise 10:30 Computer Class Beginners and Advance</p> <p>10:45 Nutrition Class Demonstration</p> <p>12:00 Bowling</p>  <p>2:30 Line Dance (Beginners) 1:00 Beginners Ballet and Dance Company Class 1:00 Line Dance (Advance) 2:00 Board Games 3:30 Weight Training</p>	<p>8:00 Open Gym 9:30 Walking</p> <p>10:00 White House Visitor Center</p>  <p>10:15 Circuit Training 11:00 Chair Exercise 1:00 Kojak Low Impact Aerobics 1:00 Pinochle 1:00 Nutrition Bingo 1:00 Knitting, Crocheting 2:00 Board Games 3:30 Weight Training</p> <p>5:30 Cardio-Interval Exercise Class</p>	<p>8:00 Open Gym 9:30 Inspirational Hour Elder Odessa Harris 9:30 Yoga 10:00 Golf 10:20 Chair Exercise</p> <p>10:45 Nutrition Class</p> <p>Common City Farm</p>  <p>12:00 Kojak Low Impact Aerobic</p> <p>1:00 Computer Class Beginners and Advance</p> <p>1:00 Beginners Ballet and Dance Company Class</p> <p>1:30 Introduction Bridge</p> <p>2:00 Board Games 3:30 Weight Training</p>	<p>8:00 Open Gym 9:30 Walking 10:00 Piano Class 10:30 Zumba Gold 11:15 Chair Exercise</p> <p>12:00 Halloween Party Bring a Dish</p> <p>12:45 In house No Movie</p> <p>1:00 Nutrition Bingo 1:30 Book Club</p> <p>5:30-8:30 p.m. Happy Hour Donation \$8.00 Light buffet, Non-Alcoholic drinks Music by DJ. Tyzer</p> <p>Notice Price Change</p>	<p>10:15 Low Impact Aerobics 11:15 Chair Exercise 1:00 Total Body Exercise</p>

Mon. Oct. 27	Tues. Oct. 28	Wed. Oct. 29	Thurs. Oct. 30	Fri. Oct. 31	Sat. Nov 1
<p>8:00 Open Gym 9:00 Senior America Pageant Atlantic City</p>  <p>9:15 Pilates 9:30 Walking 10:00 Kojak Low Impact Aerobics 10:45 Spanish 11:00 Chair Exercise 1:00 Nutrition Bingo 1:00 Quilting 1:00 Pinochle 1:30 Hula Dance 2:00 Board Games 5:30 Cardio-Interval Exercise Class</p>	<p>8:00 Open Gym 9:30 Sign Language 9:30 Yoga 10:20 Chair Exercise 10:30 Computer Class Class Beginners and Advance 10:45 Nutrition Class 12:00 Bowling</p>  <p>2:30 Line Dance (Beginners) 1:00 Beginners Ballet and Dance Company Class 1:00 Line Dance (Advance) 2:00 Board Games 3:30 Weight Training</p>	<p>8:00 Open Gym 9:30 Walking 10:15 Circuit Training 11:00 Chair Exercise 1:00 Kojak Low Impact Aerobics 1:00 Pinochle 1:00 Nutrition Bingo 1:00 Knitting, Crocheting 2:00 Board Games 2:00 Afro Jazz 3:30 Weight Training 5:30 Cardio-Interval Exercise Class</p>	<p>8:00 Open Gym 9:30 Inspirational Hour Elder Odessa Harris 9:30 Yoga 10:00 Golf 10:20 Chair Exercise 10:45 Nutrition Class Winter Squash 12:00 Kojak Low Impact Aerobic 1:00 Computer Class Beginners and Advance 1:00 Beginners Ballet and Dance Company Class 1:30 Introduction Bridge 2:00 Board Games 3:30 Weight Training</p>	<p>8:00 Open Gym 9:30 Walking 10:00 Piano Class 10:30 Zumba Gold 11:15 Chair Exercise 12:45 In house Movie "Thieves Good People" 1:00 Nutrition Bingo 3:00 Return From Senior America Pageant at the Resort Hotel Casino in Atlantic City</p>  <p>10:15 Low Impact Aerobics 12:30 Yoga 1:00 Total Body Exercise</p>	<p>10:15 Low Impact Aerobics 12:30 Yoga 1:00 Total Body Exercise</p>

Health Observances For October

- **Adult Immunization Awareness Week (National)**
- **AIDS Awareness (US. National)**
- **Breast Cancer Awareness Month**
- **Caramel Month**
- **Dessert Month**
- **Emergency Nurses Week Oct 11-17**
- **Energy Awareness Month**
- **Healthcare Quality Week (US. National)**
- **Healthy Lung Month**
- **Lupus Awareness Month**
- **Pasta Month**
- **Pharmacy Month (US. National)**
- **Physical Therapy Month (US. National)**
- **Pizza Month**
- **Seafood Month**
- **Vegetarian Awareness Month**



Recipes to Try



Shrimp Scampi

Prep time	5 minutes
cook time	5 minutes
Servings	4

INGREDIENTS

¼ cup butter	½ teaspoon parsley flakes
1 pound shrimp, peeled and deveined	¼ teaspoon ground black pepper
1 green onion finely chopped	2 tablespoons lemon juice
1 teaspoon garlic powder	

Directions

Melt butter in large skillet on medium heat. Add shrimp, green onion, garlic, parsley and pepper; cook and stir 3 to 4 minutes or just until shrimp turn pink. Stir in lemon juice. Serve over cooked orzo, pasta or rice, if desired.



Yellow Squash

Prep time	10 minutes
cook time	20 minutes
Ready in	30 minutes

Servings	4
----------	---

INGREDIENTS

2 slices bacon	1 jalapeno pepper, chopped (optional)
2 medium yellow squash, thinly sliced	1 dash soy sauce
1/2 medium onion, thinly slice	salt and pepper to taste

Directions

Place bacon in a large skillet over medium-high heat. Cook until crisp. Remove bacon from pan, and set aside. Add the squash, onion, and jalapeno to the skillet. Fry in the bacon drippings until tender, but still firm, stirring frequently. Crumble bacon into the skillet, and season with soy sauce, salt and pepper. Stir, to blend in seasonings, and serve.

Ask The Director:

Hello Ladies and Gentleman,

This is the beginning of a new fiscal year and I am pleased to say we are off to an exciting start. The hours of operation has increased to Saturdays from 10:00am to 2:00pm. There will be exercise classes, a total body wellness program and a lunch program. The Open House is scheduled for Saturday, October 4, 2014 from 10am to 2pm. Please bring a friend or family member 60 years of age and older who lives in the District of Columbia.



Stacie Thweatt, Project Director

During this year, DC Office on Aging has increased our funds and we plan to hire a part time Assistant Manager, Social Worker, Health Educator and a Nurse Practitioner. We are looking forward to an increase in membership for FY15. We will be inspiring you to engage in healthy nutrition and more exercising while developing healthier habits.

Please look out for the new Code of Conduct policy from DC Office on Aging.

Let's continue to be respectful of one another and make everyone feel warm and welcome to our program. If anyone should need assistance please stop by and see the Director or one of the staff members. We will be happy to accommodate you.

Please be safe and watch your surroundings. Do not give personal information over the telephone and don't open your door for strangers.

Golf Class Highlights

"Congratulations to Reggie Cribbs, Cicely Smith and Annette Walton for becoming our newest golf champions by winning our 2014 Beginners' Tournament over the team of Joe Harris, Eve Dickey and Linda Johnson. Instructor Buddy Bass oversaw this event, held at Langston Golf Course on Thursday, September 18. Our golfers appreciate the kindness of the entire management, staff and crew of Langston Golf Course and give thanks to the representatives of Golf DC, The First Tee, Active Body Works, the PGA, LPGA and USGA. The 2015 golf season starts this Spring."

Joseph Harris

BREAST CANCER

What are the risk factors for breast cancer?

A risk factor is anything that affects your chance of getting a disease, such as cancer. Different cancers have different risk factors. For example, exposing skin to strong sunlight is a risk factor for skin cancer. Smoking is a risk factor for cancers of the lung, mouth, larynx (voice box), bladder, kidney, and several other organs. But risk factors don't tell us everything. Having a risk factor, or even several, does not mean that you will get the disease.

Most women who have one or more breast cancer risk factors never develop the disease, while many women with breast cancer have no apparent risk factors (other than being a woman and growing older). Even when a woman with risk factors develops breast cancer, it is hard to know just how much these factors might have contributed. Some risk factors, like a person's age or race, can't be changed. Others are linked to cancer-causing factors in the environment.

Still others are related to personal behaviors, such as smoking, drinking, and diet. Some factors influence risk more than others, and your risk for breast cancer can change over time, due to factors such as aging or lifestyle.



Breast Cancer Screening

The American Cancer Society encourages women to make healthy lifestyle choices such as eating a healthy diet, getting regular physical activity, and reducing alcohol, if a woman drinks. These choices can help reduce their breast cancer risk. The American Cancer Society also encourages regular breast exams and mammograms to find breast cancer early, when it is most likely to be curable. A screening reminder, to remind you to get your breast exam and mammogram, is a free, easy way to help busy women remember to take care of themselves.

Why Get Screened?

Numerous studies have clearly shown that getting a mammogram and a breast exam reduces the risk of dying from breast cancer. Breast cancers found during a mammogram are more likely to be smaller and still confined to the breast. Finding breast cancer early (called early detection) can improve the chances that breast cancer can be treated successfully and with more treatment options, less extensive surgery, and ultimately, better treatment outcomes.

EARLY DETECTION OF BREAST CANCER CAN LEAD TO:

<p>A GREATER RANGE OF TREATMENT OPTIONS</p>	<p>LESS EXTENSIVE SURGERY</p>	<p>BETTER TREATMENT OUTCOMES</p>
--	--------------------------------------	---

Optimum health during the golden years.

Model Cities Senior Wellness Center is of the Senior Services Network- supported by the D.C. Office on Aging and managed by Providence Hospital Wellness Institute.

Happy Birthday to all born in the Month of October !!!!

Model Cities Senior Wellness Center's Trip Policy

We welcome all Model Cities Senior Wellness Center participants and their guest to join us for activities and outings. Registration for all events is honored on a first come, first served basis. When a donation is required, payment must be made when you register by mail or in person. Telephone registration for these programs will not be accepted. Cash and checks are welcome. Please make checks payable to Model Cities Senior Wellness Center.

MEMBERSHIP IS FREE

To all District of Columbia residents who are 60 years of age and older. Donations are accepted.

Program Highlights



- Monday-Friday, October-, 27-31, 2014 Senior American Pageant at the Resort Casino Hotel In Atlantic City, NJ 9:15am. Donation Double \$238.00 Single \$358.00 Triple \$226.00 Include Motorcoach and Room, comp show Ticket at the Resort 4 Buffet meals deposit of \$100.00 is due by Friday, July 25, 2014 September 30, 2014 There is an additional charge of \$60.00 for the Pageant tickets that includes 3 Pageant tickets and 1 showcase ticket. See Monica Carroll (202) 635-1900.
- Thursday, November 7, 2014 Philadanco Dance Company 11:30 at the Public Playhouse Theatre, donation \$8.00 see Monica Carroll
- Wednesday, November 12, 2014 AARP 55 Alive Driving Class 9:00 see the front desk for the sign up sheet donation AARP Member \$12.00 Non Member \$14.00
- Friday, November 14, 2014 Choir Sing Off Holiday Song 12:45 at Model Cities Senior Wellness Center Featuring The Clarinet Ensemble of UDC to sign up see Monica Carroll or call 202 635-1900x24 MC Mary McCoy
- TBA, December 2014 Holiday Fashion see Monica Carroll to sign up.
- Saturday, January 3, 2015 Holiday Gala 6:00pm - 10:00 pm at Temple Sinai on Military Road, NW. Donation \$40.00 see Monica or Stacie for tickets.